

# ***Assembly Instructions***



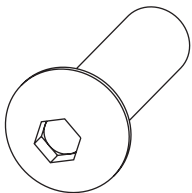
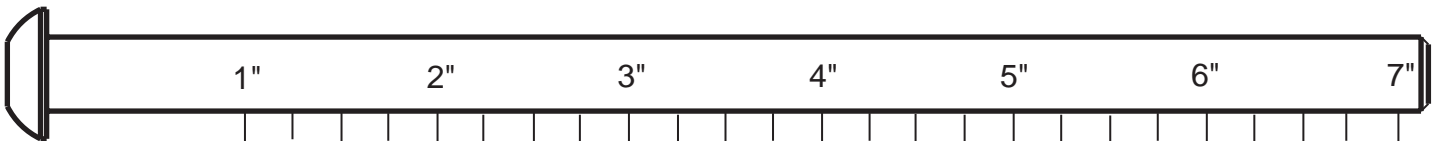
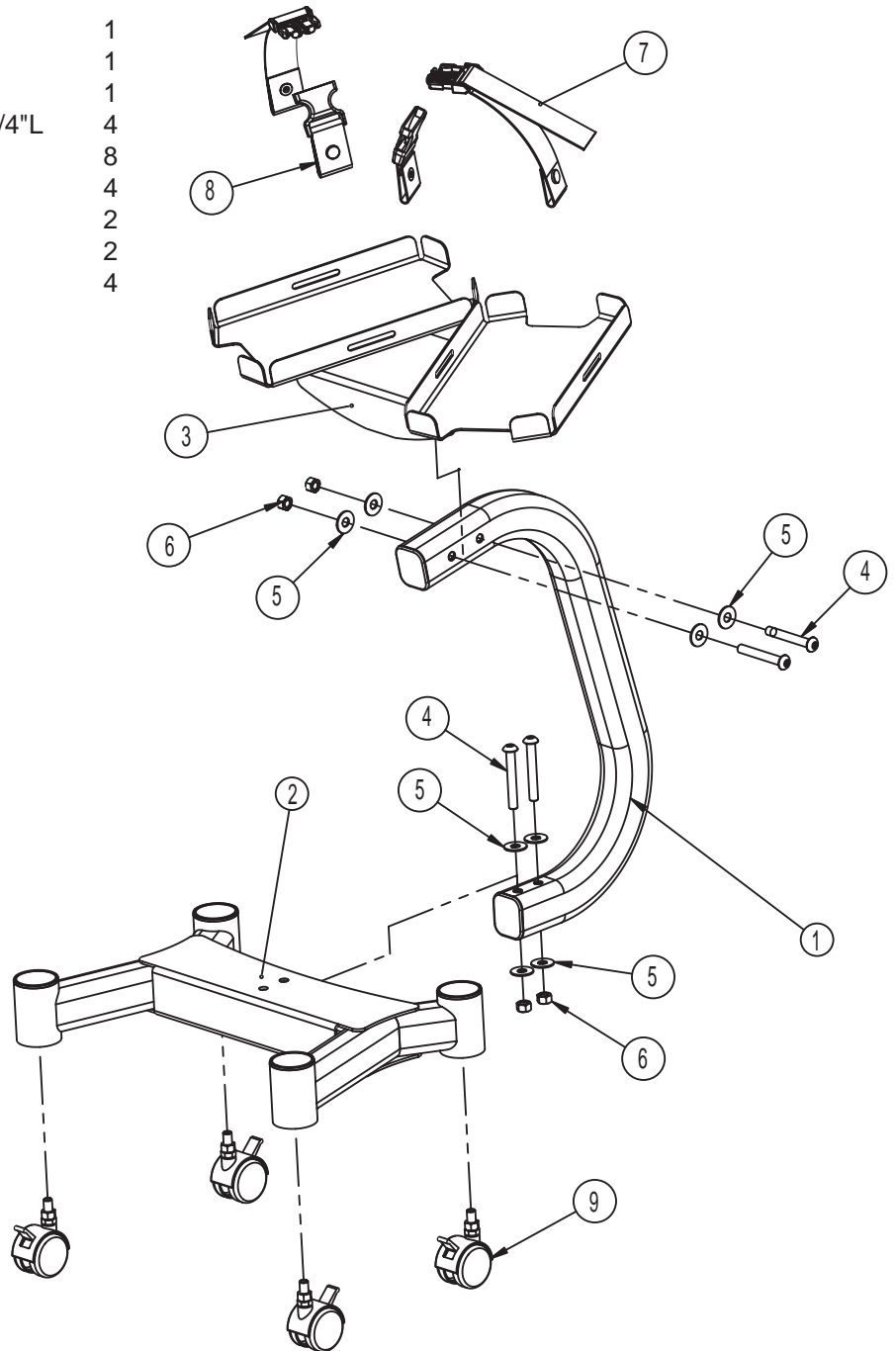
***BOWFLEX***®

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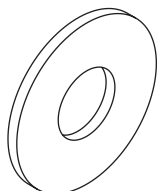
(Rev A)

# Assembly Components Qty.

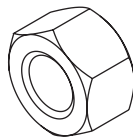
- 1 Leg 1
- 2 Base 1
- 3 Dumbbell Platform 1
- 4 3/8" Button Head Allen Screw 2 3/4"L 4
- 5 3/8" Flat Washer 8
- 6 3/8" Lock Nut 4
- 7 Hold Down Strap - Male 2
- 8 Hold Down Strap - Female 2
- 9 Wheel 4



Button Head Allen Screw



Flat Washer

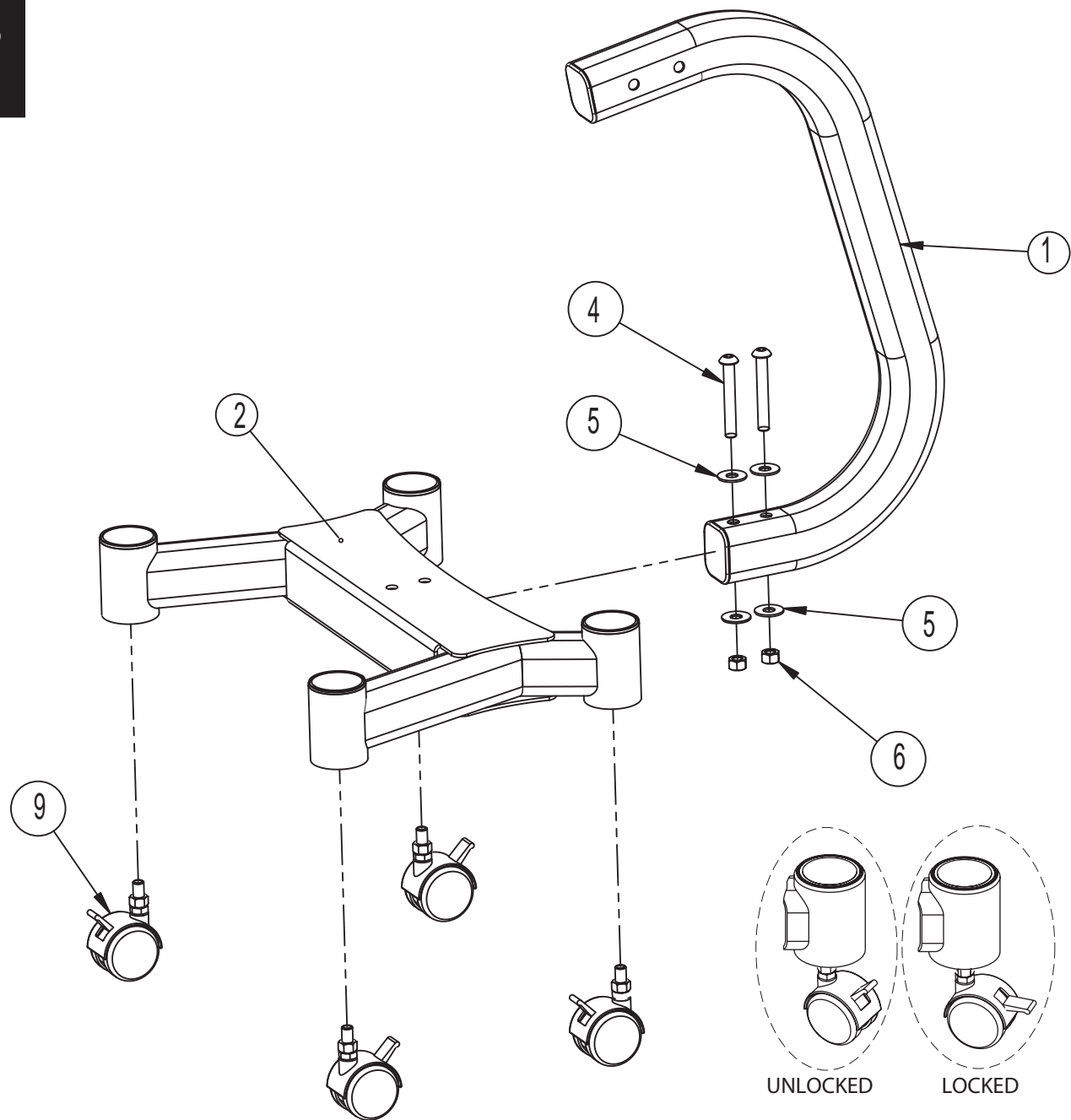


Lock Nut

**Tools Required**

- 7/32" Allen Wrench
- 9/16" Socket
- 9/16" Wrench or Adjustable Wrench

step  
1

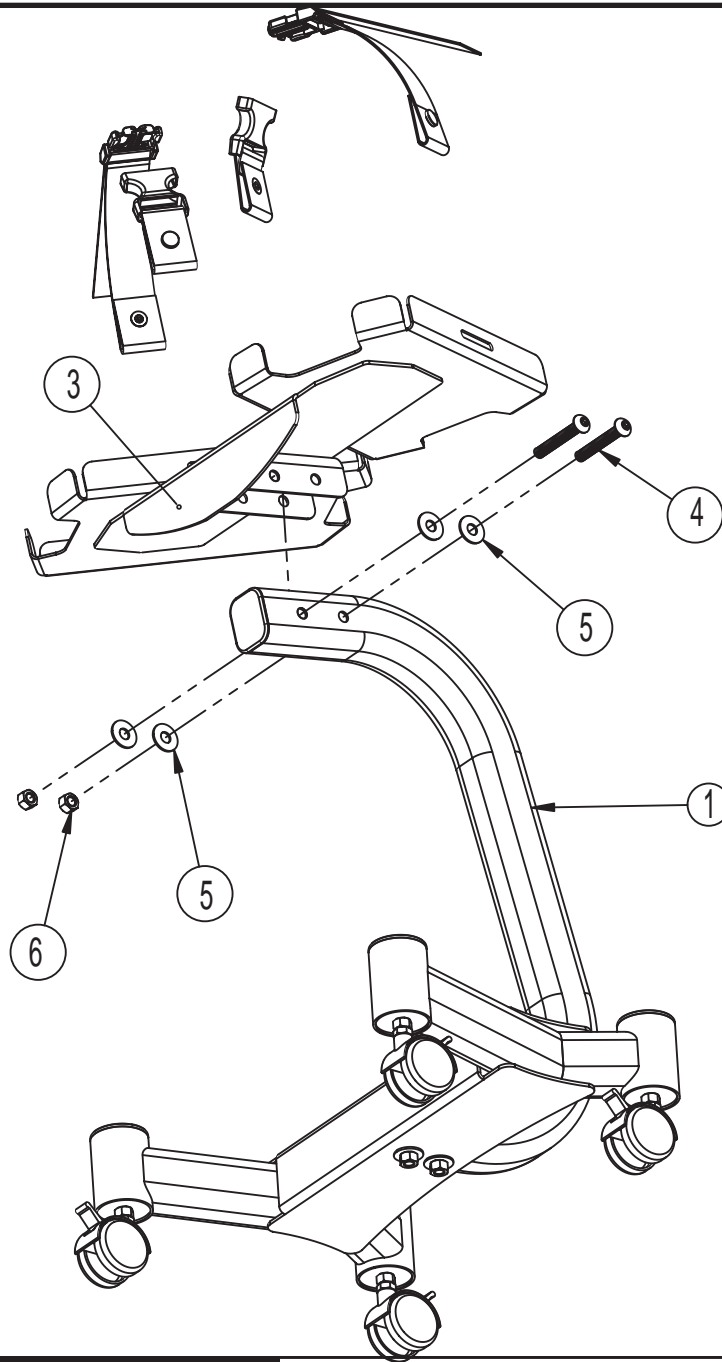


Step #1 Materials:

#	Description	Qty.
1	Leg	1
2	Base	1
4	3/8" Button Head Allen Screw 2 3/4"L	2
5	3/8" Flat Washer	4
6	3/8" Lock Nut	2
9	Wheel	4

- A. Slide the Leg (1) through the Base (2) as shown.  
Attach the Leg (1) to the Base (2) using the hardware shown.
- B. Tighten all hardware.
- C. Attach each wheel (9) to the Base. Wheels can be locked into place by flipping the tab up or down as shown above.

step  
2

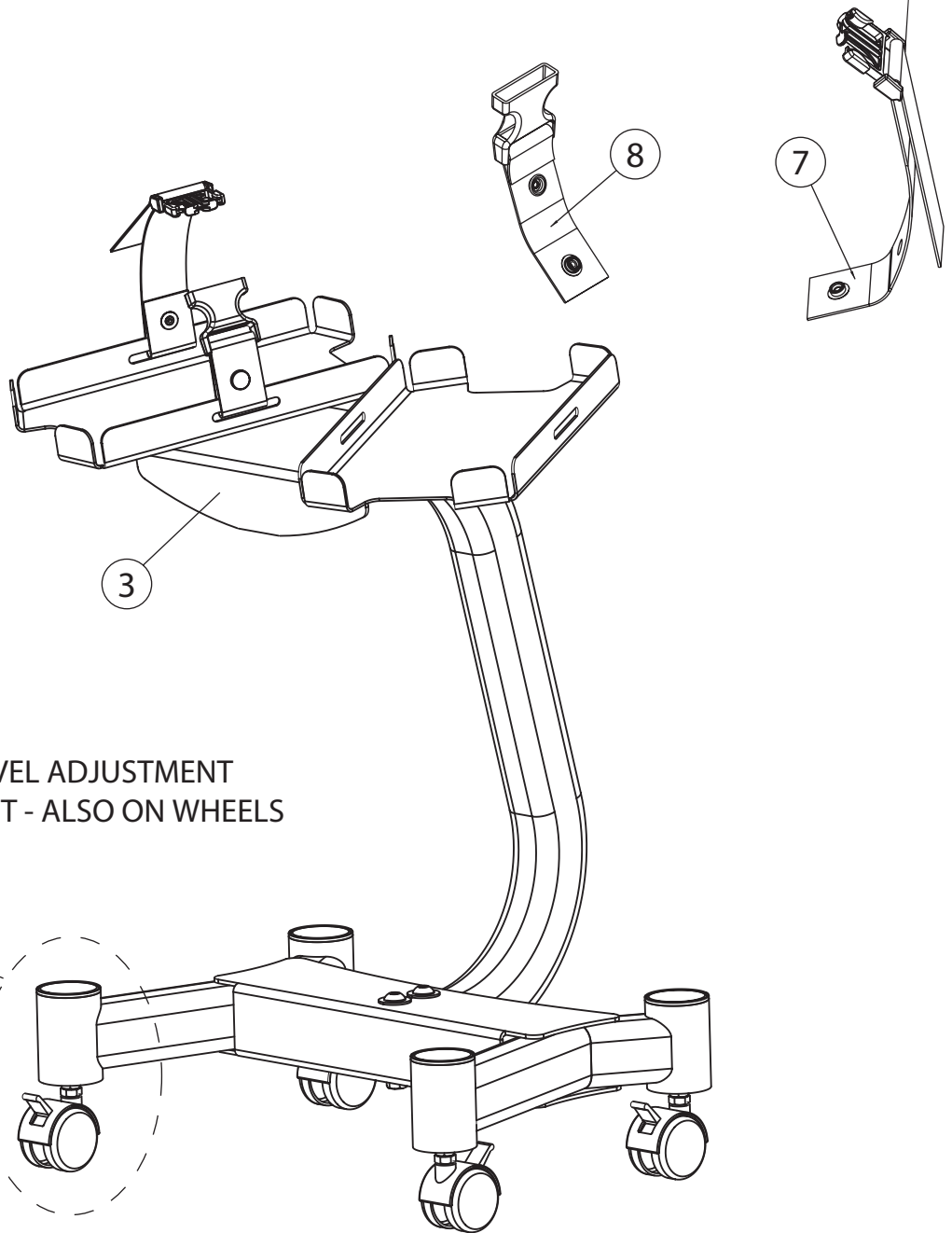


*Step #2 Materials:*

#	Description	Qty.
1	Leg	1
3	Dumbbell Platform	1
4	3/8" Button Head Allen Screw 2 3/4"L	2
5	3/8" Flat Washer	4
6	3/8" Lock Nut	2

- A. Attach the Dumbbell Platform (3) to the Leg (1) as shown.  
  
Using the hardware shown, securely tighten the Dumbbell Platform (3) to the Leg (1).

step  
3



LEVEL ADJUSTMENT  
NUT - ALSO ON WHEELS

OPTIONAL  
FOOT PEGS

*Step #3 Materials:*

#	Description	Qty.
3	Dumbbell Platform	1
7	Hold Down Strap - Male	2
8	Hold Down Strap - Female	2

**A.** Attach the male and female ends of the Hold Down Strap (7 & 8) to the Dumbbell Platform (3) as shown.

Each strap is secured by drawing the button end of the strap through the cutout on the edge of the platform, folding the strap around the edge, and snapping into place.

**B.** Once the Dumbbell Stand is in its desired position, the stand can be leveled by adjusting the feet and locking them into place with the attached 3/8" nut.